



Hill AFB Family Support Center Monthly Buzz – July 2004



“Strengthening the Air Force Family”

Welcome to the Hill AFB Family Support Center!
Building 308N, Hours: 0700-1630

Seating is limited! Call early! To sign up for a class, or for more information, call 777-4681.



This month’s “Program in the Spotlight” is the Hearts Apart Program “HELP DURING DEPLOYMENTS”



Deployment is a part of life in the military, whether we like it or not. But, did you know there is a program out there to help with deployments? I hope you said ‘yes’ if you’ve recently experienced a deployment! The Hearts Apart Program provides the additional support a family may need during this time of separation due to TDY, deployment or remote tour.

We help members prepare for the separation long before they have orders in hand. A good way to alleviate many problems for families who are separated is to ensure the member leaves his/her household in good order. Powers of Attorney, wills, ID card expiration dates, reviewing the family budget and bills, and household repairs are all things the member can do well in advance of departure. Don’t wait to prepare yourselves emotionally—we offer free booklets and pamphlets that discuss the emotional cycle of deployment.

Communication is important during separation, whether it’s a phone call, an email, or an unexpected letter in the mail. The Hearts Apart Program can help families stay in touch.

- **Morale Calls** - Family members can make 2 morale calls a week lasting 15 minutes each. These calls can be made from home through the base operator. The member must provide their family with a DSN phone number to complete the call.
- **Video Phone** - Deployed members and their loved ones can speak to one another with the added ability of seeing each other on a television monitor. (This service is not available

at all deployed locations. Check at your deployed location and provide your family with the DSN.)

- **E-Mail** - Family members can utilize the computers at the Family Support Center to send and receive email (no appointment necessary, Bldg 308N 7:00am-4:30pm).

We will send out a monthly newsletter to keep the families informed of activities and events that are taking place both on and off base. We host monthly activities for families of deployed members. These activities allow families to have a fun time in the company of other families also enduring separation. Previous activities have included: Lagoon, Spouses Appreciation Dinner catered by Famous Dave’s, Dinosaur Park, movie tickets, bowling, swimming, and Easter egg hunt.

We also work with other organizations to assist families in need. The Air Force Aid Society provides two of our most popular programs -- you **must** stop by the Family Support Center to receive a voucher for these programs. ‘Give Parents A Break’ provides parents with 4 hours of free childcare a month, and ‘Car Care Because We Care’ helps ensure the family vehicle is in good running condition. On the 31st day of the military member’s deployment, families can get a voucher for a free oil change at the AAFES Car Care Center.

Please remember that the Hearts Apart Program is here for you and your family during TDYs, deployments, and remote tours. Call 777-4681 for more information!



Hearts Apart Program

Is your loved one TDY, Deployed or on a Remote Tour? Let the Hearts Apart Program provide you the additional support you may need during this time of separation. Provides morale calls, video teleconferencing, free E-mail access, video E-mail clips,

and digital pictures to send to loved ones. Would a break from the kids be great? Then come in and get your “Give Parents A Break” certificate. We also host a variety of fun activities! Call 777-4681 to find out about our next Hearts Apart event!

Family Readiness Program

The Family Readiness Program assists DoD personnel and their families prepare for deployments or remote tours. This office also coordinates all arrangements for evacuated personnel arriving in the northern Utah area. By addressing emotional, financial, legal, and family issues prior to these events, as well as

providing support programs during times of separation, we can help members balance quality of life and mission readiness needs more effectively. The Readiness Briefing is offered every Monday, 0900-1000.



Employment Assistance Program

Resume Writing

Thursday, 15 July, 1100-1200

Here is a quick method to help you write a resume that will get you that perfect job.

Spouse Employment Orientation

Mondays: 19, 26 July, 1400-1500

Information will be given about the job market, salaries & what to expect when seeking employment in the area. Spouses with a four-year degree do not need to attend the Orientation-call for an appointment. No children please.



Interviewing

Tuesday, 20 July, 1100-1200

Become skilled at the basic fundamentals of successful interviewing.

Panel Interviews

Thursday, 22 July, 1100-1200

Are you worried about facing more than one interviewer for a job? Come to this class to learn how to handle panel interviews with ease.

Job Search Techniques

Tuesday, 27 July, 1100-1200

Find out the key techniques to finding the job you really want.



Filling Out Job Applications

Thursday, 29 July, 1100-1200

Learn the "do's" and "don'ts" when filling out employment applications.

Financial Education - Air Force Aid & Personal Financial Management

Women's, Infants, & Children (WIC)

Friday, 16 July, 1400-1430

Find out about this nutritional program for military members, based on income qualifications.

Basic Budgeting Techniques

Thursday, 29 July, 1400-1600

Where does all the \$\$\$ go? If you're not sure, come to this informative class.



Transition Assistance Program

Targeted Resumes

Thursday, 8 July, 1700-1830

Thursday, 22 July, 1700-1830

Learn the most effective approach to get that important next step, "The Interview".



Transition Assistance Seminar

13-15 July, 0800-1600

27-29 July, 0800-1600

This three-day workshop provides insight into job-hunting techniques, VA benefits, and more.

The mandatory pre-separation briefing with a Transition Assistance staff member is offered by appointment. You can't attend this briefing too soon after deciding to leave the Air Force. As a minimum, schedule attendance at least 180 days before Date of Separation.

Writing an Effective Cover Letter

Tuesday, 13 July, 1700-1830

Your cover letter tells employers why they should read your resume. Come to this class to learn the best way to write a first-rate cover letter.



Panel Interviews

Thursday, 15 July, 1700-1830

Are you worried about facing more than one interviewer for a job? Come to this class to learn how to handle panel interviews with ease.

Writing KSAs

Tuesday, 20 July, 1700-1830

Learn the best way to address the important aspects of Knowledge, Skills & Abilities on federal applications.

Information & Referral



Do you have a question or concern? The I&R program assists all Team Hill members by providing information about agencies and organizations that offer a variety of community services. We link people

who need assistance with the appropriate service providers. No matter how large or small your question, the Information & Referral program is your resource to get answers.

Family Life Education Program

Call the Family Support Center at 777-4681 to schedule appointments for marriage assessment and referral for resources according to needs. Videos for loan are available on parenting and marriage.

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Relocation Assistance Program



Smooth Move

Tuesdays, 6 & 20 July, 1300-1400

Learn from the Relocation Assistance Specialists how to organize and prepare for your PCS move. It will save you money on your next move! You can also call to schedule a one-on-one Smooth Move appointment. Spouses are encouraged to attend!

Newcomer's Orientation

Wednesdays, 7 & 21 July, 0800-1200

Call the Family Support Center for the location.

A half-day of briefings by base agencies to help the newcomer learn about the base and local area. Mandatory for all newly arrived active duty members EXCEPT first term airmen. Spouses are encouraged to attend!

Initial Sponsor Training

Thursday, 8 July, 1300-1330

Refresher Sponsor Training

Thursday, 22 Jul, 1300-1320



AFI 36-3011 requires that all first-time sponsors, and those who have not sponsored a newcomer in the past year attend sponsorship training. Sponsorship training can help you be the "perfect" sponsor! Guidebook and information provided. Spouses are welcome; call if you want to schedule a one-on-one appointment!



We can take Sponsor Training "on the road" and present it in your unit, at your convenience! Call 777-4681 for more information.

Kids on the Move

Monday, 12 July, 1530-1630

Hey, kids! Are you going to move soon? Come to this fun class where you can get together with other kids that are going to move. You'll decorate a scrapbook photo album and even get a free camera to take pictures for your photo album! For kids in grades 1 thru 6.



Teens on the Move

Monday, 12 July, 1530-1630

Are you a teenager getting ready to move or have just moved to Hill AFB? Chances are you are having change with family, friends, school, and other things in your life. Starting all these things over can be the pits. Join us in a discussion for teenagers who are moving away or just moving to the area.



Meals in Minutes

Thursday, 15 July, 1700-1800

Come to this class and get recipes for quick and easy meals you can make in an electric frying pan, crock pot, microwave, or in one pot on the stove! We will make a meal and sample it in this one-hour class.

Singles Get Together - Age 20-30

Friday, 16 July, 1800-2100

Singles Get Together - Age 35+

Friday, 23 July, 1800-2100

Are you single, tired of doing things alone, and want to meet some new friends? Get out of your house, learn about the variety of free workshops available, and come join in the fun! We will all meet at the Family Support Center and go out to a local restaurant for some great food and good conversation! Please call to sign up.



Utah's Best Kept Secrets Off the Beaten Path

Tuesday, 27 July, 1700-1800



Are you new to Hill AFB? Been here awhile and looking for different things to do? There's more to Utah than Temple Square! Come to this seminar and discover fun things to do and places to see that only the "locals" know about! You'll leave with information and a bunch of great ideas to keep you busy the entire time you're stationed here. Seating is limited -- call and sign up early!

Germany 101

Thursday, 29 July, 1645-1745

Thinking of putting in or have PCS orders to Germany? Want to know what to expect? Come join us and learn some tips on how to enjoy your tour to the fullest.



Adventures in Dining - Germany!

Friday, 30 July, 1800-2000



Come join us for some delicious German cuisine. We will meet at 6pm at the Bavarian Chalet (4387 S. Harrison Blvd, Ogden) for a great German meal. Bring approximately \$20-\$30 per person for your meal. Please call 777-4681 to sign up for reservation purposes.

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Airman's Attic - Building 150

Hours: Open 6 hours a day, Monday through Friday
Call 586-2699 for exact hours

Donations of serviceable clothing and small household items are welcome during open hours. The Attic is open to active duty

members and their immediate families E-5 and below; Tuesdays are "all ranks" day - please bring a donation for the Food Pantry if you're above E-5 or civilian.















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Family Support Center – July 2004



Classes open to active duty military and retirees, DoD civilians, and their families. To sign up for a class, call 777-4681.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1  US Flag, 1777 US Postal service institutes the “zip” code system – “Zone Improvement Plan”, 1963	2  US Flag, 1795	3
4  Independence Day Holiday	5	6 Smooth Move 1300-1400  US Flag, 1818	7 Newcomer's Orientation 0800-1200 Finance Outbrief 1300	8 Initial Sponsor Training 1300-1330 Targeted Resumes 1700-1830 First public reading of the Declaration of Independence, 1776	9 Walter Brookins becomes the first to pilot an airplane to one mile altitude, 1910	10
11	12 Readiness Briefing 0900-1200 Kids on the Move 1530-1630 Teens on the Move 1530-1630	13 Cover Letters 1700-1830  US Flag, 1836 13-15 Jul - TAP Seminar, 0800-1600, call 777-4681 to sign up	14 Finance Outbrief 1300  US Flag, 1845	15 Resume Writing 1100-1200 Meals in Minutes 1700-1800 Panel Interviews 1700-1830	16 WIC 1400-1430 Singles Get Together Age 20-30 at 1800  US Flag, 1863	17
18  US Flag, 1865	19 Readiness Briefing 0900-1200 Spouse Employment Orientation 1400-1500	20 Interviewing 1100-1200 Smooth Move 1300-1400 Writing KSAs 1700-1830	21 Newcomer's Orientation 0800-1200 Finance Outbrief 1300	22 Panel Interviews 1100-1200 Refresher Sponsor Training 1300-1320 Targeted Resumes 1700-1830	23 Singles Get Together Age 35+ at 1800  US Flag, 1892	24
25	26 Readiness Briefing 0900-1200 Spouse Employment Orientation 1400-1500	27 Job Searching 1100-1200 Utah's Best Kept Secrets Off the Beaten Path! 1700-1800  US Flag, 1912 27-29 Jul - TAP Seminar, 0800-1600, call 777-4681 to sign up	28 Finance Outbrief 1300  US Flag, 1960 - today	29 Job Applications 1100-1200 Budgeting 1400-1600 Germany 101: 1645-1745	30 Adventures in Dining - Germany! 1800-2000  US Flag, 1960 - today	31

Check us out on the web! www.hill.af.mil/family